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HOMEMAKERS' CHAT
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SUBJECT: "Variations on an Egg Theme" - Information from food specialists of the U. S. Department of Agriculture

Once again...a good egg comes to the rescue. Point free...a dependable egg alternate...rich in protein...vitamins...minerals,..eggs may be served in a multitude of ways with appetite appeal. In fact...that's one of the nicest things about eggs...the way they lend themselves to interesting dishes that you may not have tried.

And here are some suggestions from food speciflists of the U.S. Department of Agriculture for variations on an egg theme.

Instead of the traditional cheese souffle...why not try a vegetable souffle... using minced onion...finely chopped green pepper...chopped celery and diced cooked vegetables such as peas...asparagus...snap beans folded in the frothy eggs.

Custard makes a good main dish too. Of course...you leave out the sugar... vanilla and nutmeg. And use meat broth or vegetable liquid in the place of part or all of the milk. Then serve the custard with a vegetable plate.

And speaking of meat broth...a good way to stretch the meat flavor is to make quick egg noodles in the broth. Beat one or two eggs with a little salt until they're foamy. Then blend with two tablespoons of flour for each egg. This makes a batter you can pour in a thin steady stream into the simmering broth. Then cook the egg noodles quickly...just two minutes.

What are some other main dishes from eggs? Well...there's egg croquettes... egg and potato scallop...egg vegetable cutlet. I don't have time to tell you how to make these good egg dishes...but I can tell you where you can get the recipes.

Just write the U.S. Department of Agriculture...Washington, D. C....and ask for the folder..."Egg Dishes for Any Meal." This folder is free.

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